

SESAME Allergen Card



Ingredients to avoid if you are allergic to Sesame*:

Aqua Libra
Benne
Benniseed
Gingelly seeds
Gomasio/sesame salt
Hummus
Pasteli
Sesame
Sesame seed
Sesame oil
Sesarmol
Sesomolina
Sim sim
Tahina/sesame paste
Tahini
Til

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Any food containing sesame or sesame derivatives must be avoided (eg sesame flour).

Products which might contain sesame include:

Asian foods
Bakery goods
Breakfast
Crackers
Dips
Dressings/sesame oil
Halvah
Herbs
Marinades
Middle Eastern foods
Muesli and muesli bars
Nutritional snacks
Patés
Pretzels
Salads
Snacks
Spices
Spreads
Turkish food (e.g bread)
Vegetarian food



*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with sesame allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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